Vancouver metro

CANADIAN MEDAL COUNTER 2 2 9

Your essential daily news | MONDAY, AUGUST 15, 2016 | High 24°C/Low 14°C Sunny

JOHANNA SCHNELLER
The Get Down amping up like one of Flash's beats
metroLIFE

Fight for legal aid

MENTAL HEALTH ACT

Involuntary detention leads to justice system struggle

Sam Smith
For Metro | Vancouver

A B.C. woman who was involuntarily detained in hospital under the Mental Health Act for more than a month has challenged the B.C. Supreme Court to help secure her legal aid in time for her Mental Health Review Board hearing on Aug. 23. Otherwise she potentially faces several more months of being detained without a chance to defend herself.

The woman, identified only as Z.B., is currently unemployed and homeless and cannot afford to hire a lawyer herself. But she is currently eligible for legal aid.

However, the Community Legal Assistance Society (CLAS), was forced to deny her request for aid because it did not have a lawyer available to represent her in time and may not until the fall.

This leaves Z.B. involuntarily in hospital for several more months without a chance to be heard, which Mark Underhill of Underhill Gage Litigation calls an embarrassment to society.

"This is not about getting in and out of the hospital," Underhill said. "This is making sure these folks have a fair chance.

"It's a real black mark on all of us," he added.

Kate Feeney, staff lawyer for the B.C. Public Interest Advocacy Centre (BCPIAC), said CLAS and legal aid in general is severely underfunded, leading to situations like this, which typically affect the most vulnerable.

"She doesn't get to live in the community; she's away from her family and her support resources out there. She's hospitalized," Feeney said. "She's being medicated, which can be quite invasive. She's sort of at her doctor's whim. Her doctors have total control."

Since 1999, the Mental Health Act has authorized physicians the power to civilly admit those who they deem a danger to others or themselves, or if there's substantial deterioration to their patient's mental health.

One of the only avenues of recourse for involuntary patients is to present their case to the Mental Health Review Board, but without proper legal representation this can be a dubious prospect.

The crux of the problem comes down to funding, Feeney and Underhill said, which can be fixed for less than $1 million.

Usain Bolt of Jamaica wins the men's 100-metre final ahead of Justin Gatlin of the U.S. and Andre De Grasse of Canada at the Olympic Games. Bolt won gold with a time of 9.81, Gatlin won silver in 9.89 and De Grasse took bronze in 9.91. THE CANADIAN PRESS

DE GRASSE DE MAN

Toronto sprinter the first Canadian male to reach the podium at these Games (and Bolt didn't do so bad either)

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metro NEWS

Your essential daily news

First Canadian case of Zika-related anomalies has been confirmed in a fetus

Rabbit rescue at full capacity

WILDLIFE

Many bunnies bought around Easter but then later released

Sam Smith
For Metro | Vancouver

They're Bambi's best friend, but not ours.

Bunnies around Metro Vancouver are consistently tossed out by their owners, particularly in the summer, causing animal rescue shelters who take in these furry creatures to reach capacity year after year — and 2016 is no different.

"I think people think of them as a throwaway pet," said Olga Betts, founder of Vancouver Rabbit Rescue & Advocacy.

"They're a rabbit. They can just toss them. But the truth is they're like any other domesticated pet — they don't know what to do out in the wild and most of them die."

The ones who don't die are lucky enough to get sent to rescue organizations such as Betts', but she is currently at capacity with more than 60 rabbits.

"I can't take any in right now," she said. "The last one I took in, I shouldn't have. But they very well could have put him down if I didn't."

Betts started her organization in 2003 after working at UBC and finding stray rabbits on the grounds no one was willing to look after.

"It's the summer and people go off on holiday and dump their pet," she said. "I see it all the time."

There are a few reasons people ditch bunnies into the wild, ranging from stunted pet-care knowledge to lack of responsibility, Betts said.

"But one big problem is Easter," she said. "I've gotten calls from people who just want to put rabbits on the lawn while kids look for eggs, or they want to get their child a rabbit for Easter."

TRAINING

Vancouver Rabbit Rescue & Advocacy will be running a rabbit agility course at the PNE this year from Aug. 27-28.

However, children are fickle, Betts said, and after a few months of caring for a rabbit they can start to get bored and stop taking care of them as much as they need.

This leads to the parents removing the pet, most often in the summer, she added.

Metro Vancouver has seen its share of rabbit problems, such as when wild bunnies were overpopulated near the Richmond Auto Mall.

Municipalities such as Coquitlam and Richmond also have bylaws to prevent the sale of unsterilized rabbits, as bunnies can start breeding after they're five months old and produce a litter every month.

Tiffany Fok holds Cloe, a rabbit rescued by Vancouver Rabbit Rescue & Advocacy.
COURTESY VANCOUVER RABBIT RESCUE & ADVOCACY

IN BRIEF

Child falls from third-floor window in Abbotsford

A four-year-old from Abbotsford was rushed to hospital after climbing on a couch, pushing out a screen window cover and falling out of their third-storey window Saturday evening, resulting in two fractured femurs.

The child was in the care of an adult family member at the time on the 32000 block of Mt. Waddington Avenue, Abbotsford police said, and is expected to make a full recovery.

Abbotsford police are warning the public to take caution in the hotter weather seasons when these type of incidents become more common, and advise moving furniture away from open windows where children can potentially access them, and to place window guards or locks to prevent windows from opening more than four inches. SAM SMITH/FOR METRO

RCMP officer seriously injured after collision

An RCMP officer in Langley was taken to hospital with serious injuries Sunday morning after being struck from behind while parked on the side of the freeway.

The officer, who was in an unmarked police vehicle with lights flashing, was rear-ended while awaiting the arrival of a tow-truck for a single-vehicle rollover on Highway 1 between 232nd Street and Glover Road.

Three people in the pick-up truck that rear-ended the officer were also taken to hospital with non-life threatening injuries, RCMP said in a press release.

The highway was closed Sunday morning while collision analysts investigated the crash.

In a subsequent release Sunday, RCMP said a second vehicle was following the pick-up and stopped briefly at the scene. Investigators want the driver to contact Port Mann RCMP at 604-526-9744.

Police are also investigating the single-vehicle rollover. JEFF HODSON/METRO

Correction

An article that ran Aug. 8 incorrectly said that the Thomas Hobbs Florist in Kerrisdale had closed. The florist is open. Metro apologizes for the error.

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Jack the harbour porpoise was known for his lively personality and would often engage with visitors in the viewing area of his habitat, according to Vancouver Aquarium. VANCOUVER AQUARIUM/CONTRIBUTED

Jack the porpoise's death 'devastating'

VANCOUVER AQUARIUM

Staff mourns after he passed away suddenly Thursday night

Wanyee Li
Metro | Vancouver

Jack the harbour porpoise at the Vancouver Aquarium died suddenly Thursday night, said the organization in a written release.

Staff first noticed a change in the porpoise's behaviour Tuesday, when the usually "rambunctious" animal became disinterested in food and play.

Veterinary staff stayed with Jack around the clock, providing fluids, treatment and support in the water, but the porpoise passed away Thursday night.

> **On any given day ... I could spend time with him and feel uplifted by his playful personality.**
> Martin Haulena

The aquarium said the death of the playful porpoise, who was found stranded — only weeks old — on a beach in Horseshoe Bay in 2011, was a "devastating blow."

"We are so grateful to have spent these past five years caring for, and learning from, Jack," said the facility's head veterinarian, Martin Haulena, in a release.

"On any given day, I knew that I could spend time with him and feel uplifted by his playful personality."

Staff learned valuable lessons from rehabilitating Jack, said the aquarium. Those lessons allowed them to successfully rehabilitate other rescues such as Levi, who was the first harbour porpoise in Canada to be rehabilitated and released in 2013.

Jack spent the rest of his life in the aquarium, following a 2012 Fisheries and Oceans Canada assessment that he was non-releasable because he was too young to have learned survival skills.

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How Pokémon provide a reason to get up and Go

HEALTH

City gym has hatched plan to turn game into real-life benefit

Wanyee Li
Metro | Vancouver

Students have fun with the sled while strength training with Pokémon Go during Ampfit's Sweaty Saturdays. AMPFIT/CONTRIBUTED

Convincing people to work out can be a difficult task, especially when they are busy playing Pokémon Go on their phones.

But one Richmond trainer is taking an if-you-can't-beat-them-join-them approach and incorporating Pokémon Go with strength training classes.

"Over 60 per cent of the students play," said Owen Chau, owner of AMPfit, a strength training gym.

"It just felt natural to do a class where they can focus on doing a little bit of exercise that isn't just walking while having fun with the game as well."

Every Saturday afternoon, Chau's students arrive at the gym, strap on their phones, open the Pokémon Go app and start working out.

Pokémon Go trainers must walk a certain distance to hatch eggs in the game, which eventually turn into Pokémon, explained Chau.

By incorporating the game with weight training exercises, students can increase their fitness and hatch Pokémon at the same time.

The class, called Sweaty Saturdays, is optional for students; it's a time when they are encouraged to challenge themselves a little more, said Chau, who was a national wushu martial artist before opening AMPfit three years ago.

> When I was younger I was a huge fan of Pokémon. I knew that if I played now I would be way too obsessed with the game.
> Owen Chau

The students use kettle weights and barbells to weight train and are usually not able to finish the three or five kilometres required to hatch an egg in one single class, but it's a motivator nonetheless, he said.

Sweaty Saturdays is reserved for people who are already in the full-week AMPfit program, but people who want to try weight training à la Pokémon Go can sign up for private or group sessions.

Students at AMPfit are generally university age or older, and some are as old as 80, said Chau.

"Aside from hatching Pokémon eggs or helping people play their game, the main focus is helping people move better and gain confidence," he said.

"Many see what we do as scary and intimidating, but what we actually do is just teach them how to believe in themselves."

But the strength trainer is not ready to become a Pokémon trainer just yet.

"When I was younger, I was a huge fan of Pokémon. I knew that if I played now I would be way too obsessed with the game," said Chau.

"I'm really close to possibly downloading it — but I'm staying away."

TRANSPORT

A green light for golf carts

Jen St. Denis
Metro | Vancouver

A new pilot project will allow golf carts to use certain roads in Qualicum Beach and Chase for one to two years, B.C.'s Ministry of Transportation announced Friday.

Drivers of the small electric vehicles will be able to take their rides off the golf course starting in September.

Golf carts will only be allowed on roads that have a maximum speed of 30 kilometres an hour, and drivers will be limited to using their carts during daylight hours.

The on-road carts must also have seat belts, a horn, lights, signals and a rear-view mirror, and operators must have a valid driver's licence.

Golf carts are allowed on some streets in some golf resorts in the United States, such as Catalina Island in California and Sun City, Ariz.

IN BRIEF

Girl injured in bear attack

A 10-year-old girl is in hospital after being attacked by a female black bear in Port Coquitlam.

A spokeswoman for the B.C. Ambulance Service described the child's injuries as critical.

The attack happened late Saturday afternoon on a trail near a river in the city's River Springs neighbourhood.

Conservation inspector Murray Smith said the bear had been with its cub at the time.

THE CANADIAN PRESS

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COMMUNITY

Muslim tour aims to break down barriers

Ryan Tumilty
Metro | Edmonton

The first thing Omer Ahmed wants his fellow Canadians to know as he travels across the country is how thankful he is.

The second thing he wants them to know is that not everything they hear about Islam is accurate.

Ahmed is part of the Ahmadiyya Muslim Community and is touring the country as part of a goodwill tour, called Mobile Muslims, marking the 50 years the community has been in Canada.

Visiting communities all over the country was their way of thanking Canada for taking in the first members of the community 50 years ago as refugees from Pakistan and giving them the freedom to practise their religion.

"We wanted to go coast to coast thanking Canada, meeting as many people as possible," he said in front of the group's trailer.

With a near constant barrage of bad news stories linking Islam with terrorism and violence, Ahmed said they also wanted to clear up some of the misconceptions about his faith.

Feds prepare for U.S. election outcome

The Canadian government has begun a wide-ranging exercise to plan for the potential effects of the American election, including the possibility of a President Donald Trump threatening to scrap the North American Free Trade Agreement.

The government is mapping out a complex array of outcomes for various results, including either a Congress where both parties split power or one dominates.

"If I tried to show you an organizational chart it would take up an entire wall," said Canada's ambassador to the U.S., David MacNaughton. THE CANADIAN PRESS

Iraqi refugees from Mosul arrive at Khazir refugee camp outside Irbil, north of Baghdad, Iraq, on June 11, 2014. Thousands of Iraqi refugees found less work and earned less money in Canada than refugees from elsewhere who arrived during the same period, according to an internal government case study into the Iraqi resettlement program. THE CANADIAN PRESS/THE ASSOCIATED PRESS

Iraqi refugees fared worse: Internal study

IMMIGRATION

Lessons from Iraqi experience applied to Syrian program

Thousands of Iraqi refugees found less work and earned less money in Canada than refugees from elsewhere who arrived during the same period, according to a government case study into the Iraqi resettlement program.

The 19,427 Iraqis who arrived between 2009 and 2014 faced numerous barriers, including the trauma of the war, greater medical needs and a lack of English and French compared to others.

The data offer insight into what lies ahead for the nearly 30,000 Syrian refugees who have arrived since November, because the demographics of the two groups share some similarities, researchers say.

But the study also reveals that the groups settling Syrians last fall and earlier this year reported many of the same challenges that had already been encountered during the Iraqi experience.

The surge of Iraqi arrivals strained resources, while the complexity of the cases made it hard to provide the right support, researchers were told.

Refugees also received little information about what to expect when they arrived and struggled to find affordable housing on income supports that didn't cover the high cost of living in urban centres, the study found.

The Immigration Department said it applied some lessons from the Iraqi experience to the Syrian program. Those lessons included improving communication with sponsorship groups, expanding the number of cities receiving government-assisted refugees and the use of international agencies to help in resettlement.

A more material change for the refugees, however, was an increase in the maximum amount of income support a family is eligible to receive — $50,000 as of May, up from $25,000.

"Some things unique to the Syrian resettlement initiative, including the resettlement of 25,000 refugees in about 100 days, made some of the lessons learned difficult to apply, but which continue to inform our processes," department spokeswoman Sonia Lesage said.

Syrians also arrived in a different context: There was more public attention, including groups actively stepping up and offering jobs, language classes and even private-sector support to help cover housing costs.

And though Iraqis were older and better educated than Syrians, they were also arriving just as the global economy began melting down, likely making job prospects harder in the short term, said Jennifer Hyndman, director of the Centre for Refugee Studies at York University.

THE CANADIAN PRESS

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PAWTUCKET, RHODE ISLAND

'Sick of Scandals' ticket on the ballot

A candidate trying to unseat the incumbent mayor of Rhode Island's fourth-biggest city isn't a Democrat or Republican.

John Arcaro declares himself a member of the "Sick of Scandals" movement, and state election officials are allowing him to include the phrase on the ballot next to his name.

Arcaro said he came up with the idea to get corruption-weary Pawtucket residents behind his candidacy.

He also believes the phrase has universal appeal, not just in a small state with a history of cronyism.

"We obviously have a very notorious reputation," Arcaro said. "But the opportunity's pretty much everywhere, or the conditions to be corrupt and so forth."

Arcaro said he was partly inspired by New York's Rent is Too Damn High Party, whose founder attracted wide attention for his populist campaigns for governor and other offices.

THE ASSOCIATED PRESS

WEATHER STORM WREAKS HAVOC ON LOUISIANA This image shows flooded areas in Denhamp Springs, La., on Saturday. Louisiana Gov. John Bel Edwards says more than 7,000 people in south Louisiana have been rescued from homes, vehicles and even clinging to trees as a slow-moving storm hammers the state with flooding. THE ADVOCATE VIA THE ASSOCIATED PRESS

Muslims fearful after imam slaying

NEW YORK

Friends say shooting of mosque leader a 'hate crime'

The daylight slaying of a mosque leader and his associate set off fear and anguish Sunday among Bangladeshi Muslims in a New York City neighbourhood, with some saying the killings appear to be an anti-Muslim hate crime. But police said there is no evidence so far to support that.

Police hunted for the gunman who killed Imam Maulama Akonjee, 55, and Thara Uddin, 64, near the Al-Furqan Jame Masjid mosque in Queens as they left afternoon prayers Saturday in their traditional religious attire. Both men were shot in the head.

"This was a hate crime. One hundred per cent, there's no doubt about it," said Monir Chowdhury, who worshipped daily with the two men.

He said he had moved to the community because of its large Bangladeshi immigrant population, but in recent months has been harassed by people shouting anti-Muslim epithets. In one incident, a man called him "Osama" as he walked to the mosque with his three-year-old son. With the killer still on the loose, Chowdhury decided it would be best to drive to prayer services.

Maulama Akonjee
THE ASSOCIATED PRESS

Police released a sketch early Sunday of a dark-haired, bearded man wearing glasses. Police said witnesses described the shooter as a man with a medium complexion.

Investigators said they have not established a motive in the attack. On Saturday, Deputy Insp. Henry Sautner said there was "nothing in the preliminary investigation to indicate that they were targeted because of their faith." Akonjee was carrying about $1,000 in cash that was not taken during the shooting, police said.

On Sunday, neighbours in the Ozone Park section were skeptical of what police had found so far.

Chowdhury said he has felt the mood in the neighbourhood change drastically in the last few months and accused Republican presidential nominee Donald Trump of spreading anti-Muslim rhetoric.

Trump's campaign said in a statement that it was "highly irresponsible" to blame a political candidate for the violent attacks.

THE ASSOCIATED PRESS

NIGERIA

Some Chibok girls killed in airstrikes: Boko Haram

Some of the abducted Chibok schoolgirls have been killed by Nigerian military airstrikes, according to a new video from Boko Haram. It's not clear how many schoolgirls have died.

THE ASSOCIATED PRESS

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SYRIAN REFUGEES CHILDREN LINE UP FOR AID Syrian children, who fled with their families from the village of Hawsh Nasri in Duma, queue to receive aid from an NGO in the village of Shaffuniya in Ghouta, east of the capital Damascus, on Saturday. Syria's conflict erupted in March 2011 and has since killed more than 290,000 people and drawn in world powers on all sides. AFP/GETTY IMAGES

SERIAL KILLER

'Grim Sleeper' leaves a bigger mystery

Lonnie David Franklin Jr.
AFP/GETTY IMAGES

The death sentence of the "Grim Sleeper" serial killer last week put to rest a case that spanned more than three decades, but it left another mystery wide open.

Police are still trying to identify 33 women whose snapshots were found in Lonnie Franklin Jr.'s home after his arrest.

The images were part of a chilling discovery of nearly 1,000 photos of women or teenage girls — many nude and some who appeared to be unconscious or dead — hidden in Franklin's house. The collection included photographs of several victims, which leads police and prosecutors to believe Franklin left behind many more.

Detective Daryn Dupree said Franklin is one of the most prolific killers and could have killed as many as 25 women from the late 1970s until his arrest in 2010. That includes the period of 1988 to 2002 when police originally thought the killer took a break — an apparent hiatus that helped coin his nickname.

"I don't think he stopped because he was getting away with it," Dupree said. "I think he slowed down, but I don't think that big gap was as much as we thought it was."

Franklin, 63, was sentenced to die Wednesday for murdering nine women and a 15-year-old girl in South Los Angeles. THE ASSOCIATED PRESS

Flint water crisis over

EMERGENCY DECLARATION

Michigan now bears full cost of ensuring clean supply

A U.S. federal emergency declaration over Flint's lead-tainted water crisis ended Sunday, but Michigan state officials said work continues to fix the drinking water system and provide services to city residents.

The end to the declaration means the state now bears the full cost of bottled water, filters and other supplies. Federal resources, health programs and monitoring will continue.

U.S. President Barack Obama in January signed the emergency declaration as Flint's crisis came to a head, after tests showed elevated levels of lead in the blood of some children.

On Thursday, Virginia Tech researchers who exposed the lead problem gave an upbeat assessment of the city's water quality. Still, environmental engineering expert Marc Edwards urged residents to drink only filtered tap water or bottled water while the system heals.

State officials say community water resource sites where residents can get bottled water, water filters, replacement cartridges and at-home water testing kits remain open.

"Until the water meets quality standards, we will provide water supplies to Flint water system customers at the water resource sites," said state police Capt. Chris Kelenske, deputy state director of Emergency Management and Homeland Security. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Monday, August 15, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

A bank teller in her 20s called me "Honey," Sweetie," and "Cutie" in the course of a single interaction. I'm in my 50s. I think this is disrespectful. What do you think?

Dear Ellen,

I was at a TD bank recently, where a woman in her mid- to late-20s was my teller. I am in my 50s. She called me "Honey" ("What denominations do you want, Honey") and then "Sweetie" ("Anything else, Sweetie?") and then said, "Thanks, Cutie." I said nothing. But, oh, how I thought about saying a lot. She was incredibly nice, and clearly good at her job. She (or someone there) must believe this is good customer relations. It's not.

Thoughts?

Insulted

Dear Insulted,

The TD teller is not the only culprit. Despite the fact that many of us Boomers still dress like teenagers, carefully colour our hair, and assiduously remedy (to varying degrees) any signs of aging on face or body, young'uns worldwide still seem to perceive us as "elderly" — and patronize the hell out of us.

The irony is annoyingly obvious. The generation that grew up on a mantra of "Don't trust anyone over 30" is now being treated as if WE are over 30!

Admittedly, when I was young, I viewed people older than myself as invisible, irrelevant, uninteresting and unimportant. So you might say I'm getting my just deserts.

The generation that grew up on a mantra of 'Don't trust anyone over 30' is now being treated as if WE are over 30!

As a Boomer, however, I reserve the right to instruct every succeeding generation on how to think and act. As my own dear mother, God rest her soul, used to say: Do as I say, not as I do. (Naturally, I dismissed most of her wisdom while she was alive. But it's surprising how much of it I remember and use now.)

So, dear Insulted, I completely agree that you are right to feel offended at being called "Honey," "Sweetie," and "Cutie." I myself tend to get called "Dear" and am now wondering why I never get called "Cutie." But I digress. My point is that it's wrong, disrespectful and rude to address anyone older than yourself as if they were a child, or in any way incapacitated.

This obviously applies to young-looking, vibrant, age-defying Boomers such as me and (presumably) you. But it also applies even if the person you are addressing is a senile, drooling centenarian in diapers. Yes, you are allowed to yell if they can't hear, spoonfeed them if they can't eat properly, dress them, lead them or carry them as necessary. You may also speak more slowly and clearly than you usually do, talk of childish things, and patiently repeat answers to inane questions ad nauseum.

But your mode of address must at all times remain properly courteous. Use their name, as you would with any contemporary. Banish all those condescending epithets from your vocabulary forever more. Speak to us old folks as equals, please, allowing us to retain whatever dignity we can in our declining years.

And hope to hell the next generation treats you with equal respect.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

If a change of heart is genuine, does it matter how or why it happened?

What does it take to change a mind?

Also: what should it take?

In Ontario, the arrival of a new sexual education curriculum last year revealed a minority and predominantly religious population staunchly opposed to aspects such as teaching diverse sexual identities, or really much about sex at all. Among them, Catholics.

And among Catholics, Angela Kennedy. But the chair of the Toronto Catholic School Board did an about-face on the issue this summer. After learning her son had been sexually abused as a boy, after he said a dispassionate and basic grounding in sex ed may have helped him recognize the abuse as such, after facing pressure from her other six boys and taking another look at the curriculum, Kennedy changed her mind.

The media widely reported her story, and some criticized her for needing a personal experience to "see the light," as it were. Then there's the question of Catholic backlash.

In an interview for my Nth Wave podcast, Kennedy described a fallout far more nuanced and surprising than one might expect. Instead of an onslaught of Catholic outrage, she's been receiving an outpouring of gratitude.

"There have been some negative comments, but it feels like 10 per cent are negative and 90 per cent are positive," she told me. So some Catholics were yearning for someone like them to support the curriculum? I asked.

"They were!" she said. "The principals at the schools are saying thank you, thank you, now we're OK to talk about this with our parents."

It's a sentiment that surprised her — how could her change be so freeing for others? But it has been, a fact that polling might help explain. A Forum Research poll conducted around the time of Kennedy's reversal found that 61 per cent of Catholics supported the curriculum.

Of those opposed, some have called for Kennedy's resignation. Others have taken one-on-one meetings with her in attempts to change her mind, again. She's tells them the same thing: "You should talk to parents, tell them to embrace the curriculum, and suggest that they stay close to their children and teach them the values that they want them to have." (Not a uniformly well-received response.)

Kennedy remains shocked at how silent the curriculum's supporters had been until she changed her mind. It makes her wish she'd done it sooner. But it wasn't easy: months in the making, under pressure from those she loved, in the face of political risk.

We may not like what it takes to change some minds. But among many of Toronto's Catholics, it appears to be well worth it.

Hear Rosie's talk with Angela Kennedy on 'Nth Wave': metronews.ca/podcasts

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Obesity may age the brain by 10 years, according to U.K. researchers

Flesh out the facts about meat

DIET

There's a new health enemy No. 1, but is it really that bad?

Sugar, salt, saturated fat. They've all had their turn in the spotlight, with studies and media reports vilifying each one for chipping away at your lifespan or increasing your risk of one disease or another.

But the latest headlines point the finger at a different health enemy: Meat.

"Eating more animal protein increases risk of death, plant protein reduces it," warned a CBC story in August, following the highly publicized release of a large U.S. study. "Meat in Modern Diet, Just as Bad as Sugar, Correlates with Worldwide Obesity," reads the headline of a research paper published earlier this summer. And last year, the World Health Organization's cancer agency classified processed meat like ballpark hotdogs and greasy bacon as a cancer-causing carcinogen, while declaring red meat such as beef, veal, pork, lamb and mutton as a probable carcinogen to humans.

"People want to blame something for their s----y health, and their s---y diet. Now it's meat. Before it was sugar. Before it was carbohydrates. That's just human nature," says Abby Langer, a Toronto-based registered dietitian.

There is, it seems, a war on meat — but the reality is more nuanced than the headlines.

> **People want to blame something for their s----y health, and their s----y diet. Now it's meat. Before it was sugar. Before it was carbohydrates.**
>
> Abby Langer, a registered dietitian

Much ado about meat

Criticism of a meat-based diet often focuses on environmental and ethical arguments, with food researchers and vegans alike highlighting everything from unnecessary cruelty to animals to the dire environmental impact of meat production.

In recent years, however, the dialogue has shifted, focusing more narrowly on the personal health impacts of our steak-craving, burger-guzzling Western culture.

As Hillary Clinton trotted along the campaign trail earlier this year, her husband was doing the same — lauding not only his wife's presidential ambitions, but also something else close to Bill's heart: His nearly meat-free diet. Adopting a mostly vegan lifestyle amid his ongoing heart troubles "changed my life," the former president told the media at a campaign pit-stop in Las Vegas in February.

He's a politician, not a doctor, but Clinton's view does line up with a growing body of evidence highlighting the risks of eating meat.

In Canada, a diet high in processed meat is 7th on a ranking of the top dietary risks for death, while a diet high in red meat is 14th, according to a 2015 report from the Canadian Medical Association.

Though the news seems dire for meat-lovers, other food experts paint a more complicated picture of meat's risks and benefits than headlines or statistics can convey.

The nuanced reality

Meat isn't "deadly," says Dr. Tom Wolever, a professor of nutritional sciences at the University of Toronto and medical staff member at St. Michael's Hospital. The bigger problem, he says, is portion sizes.

"Usually, you go to restaurants, and it's a huge portion of meat and one slice of carrot and not much else," Wolever says. "The portions need to be readjusted."

You can have a healthy diet and still eat meat in moderation, echoes Laura Rosella, a Canada Research Chair in population health analytics and an assistant professor at the University of Toronto's Dalla Lana School of Public Health.

"I think meat's being vilified a little bit, and the messaging isn't as nuanced as it should be," she says, adding the backlash began about five years ago.

Despite the furor, meat's nutritional benefits can't be ignored.

It's a valuable source of protein, vitamins A and B1, B12, niacin, iron, and zinc, notes Switzerland's 2015 review. It can also satiate hunger more so than other foods, Rosella says.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

From wackness to life and destiny

THE SHOW: The Get Down, Season 1, Episode 2 (Netflix)

THE MOMENT: The turntable lesson

In a secret apartment in a burned-out building in late-1970s Bronx, godlike DJ Grandmaster Flash (Mamoudou Athie) teaches his acolyte Shaolin Fantastic (Shameik Moore) to work a dual turntable.

"Now listen," Flash says, playing a dull stretch of song. "That is a void of useless nothing, the wackness. But —" he spins the record to a melodic hook, the get-down — "that is life and destiny."

Deftly, he spins one get-down while lining up the same spot on a second, identical disc, creating an endless, ecstatic loop of beat. Then he turns the volume down and lets both platters play while he slowly circles the room.

"You must be like Bruce Lee, never in disarray," he says. "Arrive, depart, the same every time." He flips the volume back on. The record is exactly on the get-down.

"How did you do that?" Shaolin cries.

"Because I know time," Flash purrs.

The first hour of this series, from acclaimed director Baz Luhrmann, is pretty disjointed. But stick with it, and you will spend the next several hours with a grin plastered to your face. Once he's established his milieu, the party begins — he soars from realism to magic realism, and keeps rising, like one of Flash's beats.

Luhrmann throws everything at the screen and doesn't care what sticks where: Kung Fu, disco, Star Wars, graffiti, audio cassettes, corrupt politicians, crooked developers, West Side Story, Arthurian legend, and a street gang straight out of Walter Hill's 1979 classic The Warriors. The result? Joy.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Baz Luhrmann's The Get Down soars from realism to magic realism, and keeps rising, like DJ Grandmaster Flash's beats, writes Johanna Schneller. CONTRIBUTED

Thrifty vs. cheap

ADVICE

There's no shame in being smart with your money

Gail Vaz-Oxlade
For Metro Canada

'I won't drive around to find cheap gas or to buy stuff on special, but I do know which stations have the best price, and I will plan my shopping around something on sale that's on my list.'
Gail Vaz-Oxlade

I have known some cheap people. They are the folks who show up at a party with two bottles of beer and then drink a dozen. They are the ones who leave the tax and tipping to every one else at the table. They're the friends who forget their wallets, offer to pick up the next one, cry poor at every turn but are happy to have you foot the bill.

Hey, nobody likes a tightwad, which is why jokes about being cheap make us laugh.

Thrifty is a whole 'nother matter. Articles abound about how to be thrifty with your shopping, cooking, entertaining, gardening, and gift-giving. And our focus on doing good for the environment (recycling, using reusable shopping bags, conserving energy) not only assuages our guilt, it's thrifty.

Your grandparents knew how to be thrifty too.

With lots of kids, far fewer financial resources, and NO CREDIT, they had to find ways to make do. They actually did better than make do; they had good lives. Did you know that the root of the word "thrift" is "thrive?"

If you've been erroneously associating thrift with being cheap, perhaps it's time to reorient your thinking.

It isn't about being stingy. It's about building prosperity through careful management of resources.

Happily people seem to be shrugging off the "cheap" label and enjoying the idea of thrift. With the scare of an economy that's tilted precariously, folks have decided to embrace their thrift and take better care of their pennies.

I'll willingly admit to being thrifty. The way I do this (mostly) is by not spending money on crap I don't need.

I won't drive around to find cheap gas or to buy stuff on special, but I do know which stations have the best price, and I will plan my shopping around something on sale that's on my list.

Being thrifty with your money is smart. Wasting it is dumb.

You get to decide which label you prefer.

For more money advice, visit Gail's website at gailvazoxlade.com

YOU CAN DO THIS CARPENTER

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THE BASICS: Carpenter

$48,568
Median annual salary for an intermediate-level carpenter. Those with advanced training and experience can earn upwards of **$76,000** annually.

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Projected rate of job growth over the next eight years.

Data for this feature was provided by payscale.com, trade-schools.ca, onetonline.org and jobbank.gc.ca

WHY I LIKE MY JOB

Chris Palmer, 34, Custom Carpenter for Hand Crafted by: Chris Palmer – Oshawa, ON

I never knew how much I loved wood until I started working with it full-time.

As a kid I was transfixed by TV shows like The New Yankee Workshop, which I think is what motivated me to enrol in Humber College's industrial design program. There, I gained valuable skills that enabled me to design and manufacture whatever I was passionate about. Following graduation, I was hired on by a firm that specialized in the design of store displays; however, I noticed I was spending a lot of my spare time building things for fun in my garage. I started crafting furniture for my sister, which ultimately inspired me to launch my custom carpentry business. Truthfully, I felt so much happier chasing a career that I genuinely cared about. Since incorporating my business, I've been able to leverage my training in 3D CAD modelling and handcrafting to provide my clients with fully functional, long-lasting items like dining tables, sheds, garage doors, decks — you name it! My philosophy is to simply allow my creativity to flow and to never give in to roadblocks.

HOW TO START

An apprenticeship program is the typical starting point for an aspiring carpenter. Most programs provide upwards of 5,400 hours of on-the-job training, enabling apprentices to earn a paycheque while in pursuit of a formal designation. Within four years, most apprentices will be fully trained for roles in residential and commercial construction, home renovations, furniture making and more.

WHERE YOU CAN GO

Carpentry is generally viewed as a safe, recession-proof industry. For one, the ongoing need for residential renovations and repairs has secured thousands of potential projects for years to come. Many opportunities exist in specialty woodworking shops, construction firms, manufacturing plants and government agencies. Alternative career paths include piecework carpentry (for those interested in crafting and repairing tables, chairs, cabinets or other wooden items) and self-employment.

NEXT CAREER STEP

An experienced carpenter may opt to pursue the Interprovincial Standards' Red Seal designation, which authorizes professionals to work anywhere in Canada. College and university programs may also be of value to craftspeople seeking advanced roles as superintendents, site managers, project managers or safety directors.

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metro RIO

Canadian boxer Arthur Biyarslanov hinted at a move to the pros in a Facebook post after his loss to Germany's Artem Harutyunyan

PHOTOS BY GETTY IMAGES

1 Fastest man alive — Usain Bolt of Jamaica won the men's 100 metres in a time of 9.81.

2 Golf's Rose-y return — Great Britain's Justin Rose won the first golfing gold medal at the Olympics in 112 years Sunday, beating Henrik Stenson of Sweden by two strokes.

3 Repeat champ — Andy Murray of Great Britain beat Argentina's Juan Martin Del Potro 7-5, 4-6, 6-2, 7-5 for his second consecutive gold in men's tennis singles.

4 Marathon woman — Jemima Jelagat Sumgong became the first Kenyan to win the women's Olympic marathon.

Canadian 100-metre bronze and beyond

RIO2016

De Grasse places third in showcase race, Bolt wins gold

Andre De Grasse proved once again that he can run with the best sprinters in the world.

The Canadian flew to a personal-best time of 9.91 seconds to take the bronze medal in the men's 100-metre sprint Sunday at the Rio Olympics.

"To be able to be a part of history here in Rio is amazing. I have so much to learn from that race. I just need to work harder for next year," the 21-year-old told CBC.

De Grasse beat his bronze-medal time from the 2015 world championships by one-hundredth of a second, trailing only the legendary Usain Bolt (9.81) and American sprinter Justin Gatlin (9.89) in a star-studded field.

Andre De Grasse
AFP/GETTY IMAGES

Bolt, who has stated this would be his last Olympics, won gold for the third straight Games.

"He feels like I'm the next one and I'm just trying to live up to it," De Grasse said of a post-race exchange he had with Bolt.

"I feel like I'm capable of doing it."

Athletics Canada head coach Peter Eriksson said De Grasse should be the favourite at the 2020 Tokyo Olympics.

"I think so definitely," Eriksson said. "He's now on the stage where he can be the greatest Canadian athlete ever."

The sprinter from Markham, Ont., kept Canada's medal streak alive. Canadian athletes have won at least one medal on every day of competition and sit 11th in the total medal standings with 13 (two gold, two silver, nine bronze).

He also is the first Canadian male athlete to win hardware in Rio. Canada's Olympic women claimed the country's first 12 medals.

De Grasse now shifts his focus to the 200 metres, which begins Tuesday and wraps up on Thursday night.

He will also compete in the 4x100-metre relay. The qualifying heats take place Thursday. The final is Friday night.

THE CANADIAN PRESS

RIO Trips to the podium

MacLennan leads Canadian charge Friday

Rosie MacLennan etched her name in Canadian Olympic history on Friday.

MacLennan delivered an impressive mix of flips, twists and jumps in her final routine to repeat as women's individual trampoline Olympic champion, becoming the first Canadian summer athlete to successfully defend an individual Olympic title.

Also Friday, Canadian rowers Lindsay Jennerich and Patricia Obee won a silver medal in the women's lightweight double sculls and swimmer Hilary Caldwell added a bronze in the women's 200-metre backstroke.

Rosie MacLennan GETTY IMAGES

Theisen-Eaton claims heptathlon bronze medal

Brianne Theisen-Eaton of Humboldt, Sask., put a tough first day of the heptathlon behind her and fought back for a bronze medal Saturday.

Earlier in the day, Canada's track cycling team defeated New Zealand to win the pursuit bronze. Kirsti Lay, Allison Beveridge, Georgia Simmerling and Jasmin Glaesser made up the team. THE CANADIAN PRESS

metro SPORTS

With Giancarlo Stanton injured, the Miami Marlins are discussing whether to reach out to recently released Alex Rodriguez.

Strong Stroman on cloud nine after taming Astros

MLB

Jays ace helped out by Martin and Tulowitzki to clinch series

Marcus Stroman continued his stretch of solid starts on Sunday afternoon, limiting the opposition to one earned run for the third time in five starts as the Blue Jays defeated the Astros 9-2.

Stroman (9-5) allowed two runs, one earned, on five hits while striking out eight. The 25-year-old has won three of his last four decisions after dropping four of his previous six.

"I've been feeling good lately," he said. "It felt like any other day, just got rolling and felt like I had pretty good action on my pitches early."

The victory moves the Blue Jays to a season-high 16 games above .500. Toronto (67-51) has now won six of their last 10 series, going 12-7 in that stretch. The Astros (61-57) have dropped consecutive games after winning four straight on the road.

Troy Tulowitzki and Martin hit back-to-back home runs in the fifth inning to blow the game open for the Blue Jays, who have now won nine of their last 13 in Toronto.

Tulowitzki put Mike Fiers' fastball into the second deck at Rogers Centre for a two-run home run giving the Blue Jays a 4-1 lead. Martin followed it up by taking Fiers' first pitch yard for his 10th homer of the season — it marks the seventh time this season the Blue Jays have hit back-to-back home runs.

Martin's long ball knocked Fiers (8-6) from the game. The Astros starter went 4 2/3 innings allowing five earned runs on seven hits while striking out seven.

"Hit some homers. Everybody always says, 'Well there's more to it than that', but that's accurate, that's what we do best," said manager John Gibbons of the Blue Jays out-scoring the Astros 16-9 in the three-game series. "We've got guys that when they're hitting them… the key is to get some guys on base and then pop one here or there."

Martin showed off his defensive game in the seventh, leaning into the Astros dugout to grab an Alex Bregman foul ball.

"You don't get those opportunities very often," Martin said. "It was just nice that it came up in a big situation and kind of sparked the guys after — them hitting the ball hard, weathered the storm a little bit and got us back in the right direction."

Edwin Encarnacion gave the Blue Jays a 6-2 lead, hitting a solo home run off of Luke Gregerson in the seventh. The homer ties Encarnacion with Baltimore's Mark Trumbo for the Major League lead (33).

Marcus Stroman picked up his ninth win of the season as he cooled off the Houston Astros' hot bats at Rogers Centre on Sunday afternoon. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Toronto put up another three spot in the eighth, increasing its lead to seven.

Melvin Upton Jr. delivered an RBI single and later scored while Josh Donaldson was issued a bases loaded walk by Astros reliever James Hoyt.

The Blue Jays got to Fiers early, taking a 1-0 lead on Tulowitzki's RBI single in the first. The veteran shortstop finished the day 3 for 4 with three runs batted in.

Astros shortstop Carlos Correa extended his hit streak to a career-best 10 games with a leadoff single in the second, and later scored on a Stroman throwing error tying the game 1-1.

THE CANADIAN PRESS

AL EAST

	W	L	PCT.	GB
Jays	67	51	.568	-
Orioles	66	51	.564	.5
Red Sox	64	52	.552	2
Yankees	60	57	.513	6.5
Rays	47	69	.405	19

THE ASSOCIATED PRESS

IN BRIEF

Lochte held up at gunpoint

The U.S. Olympic Committee says Ryan Lochte and three other American swimmers were robbed by armed men who stopped their taxi in Rio de Janeiro.

USOC spokesman Patrick Sandusky says Lochte and the others left the French Olympic team's hospitality house early Sunday in a taxi headed for the athletes village, hours after the last night of Olympic swimming.

THE ASSOCIATED PRESS

Seager scorches Athletics

Kyle Seager doubled twice and drove in four runs as the Seattle Mariners won for the eighth time in nine games, beating the Oakland Athletics 8-4 on Sunday.

Adam Lind homered and Shawn O'Malley added two hits and scored twice for Seattle. Wade LeBlanc (2-0) gave up three runs over six innings to earn his second win since being acquired from Toronto in June.

THE ASSOCIATED PRESS

Reds, United win openers

Liverpool opened its English Premier League season with a wild 4-3 victory over Arsenal at the Emirates Stadium on Sunday. Elsewhere, Jose Mourinho's first league game in charge of Manchester United ended with a comfortable 3-1 win at Bournemouth.

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COMPASS GROUP

RECIPE Leek and Artichoke Frittata

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Start your week off right with this light but creamy frittata. Leeks and artichokes give it gorgeous colour and delicious texture.

Ready in 20 minutes
Prep time: 5 minutes
Serves 4

Ingredients
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 leek, washed thoroughly, sliced thinly
- 1 can (14 oz) of artichokes, drained
- 8 eggs
- 1 Tbsp Dijon mustard
- Salt and pepper
- 2 oz goat cheese crumbled
- 3 scallions, sliced

Directions

1. Preheat the oven to 350 F.

2. In a large, oven-proof skillet, warm up the olive oil over medium heat. Sauté the garlic and leeks until they soften, about 3 minutes. Now add the artichokes and stir.

3. In a large bowl, whisk together the eggs, Dijon mustard, and season with salt and pepper. Gently pour the eggs over the vegetables in the skillet. Sprinkle the goat cheese and scallions over top.

4. Carefully place the skillet in the oven and bake for 15 minutes, until the frittata is set. Serve with a green salad.

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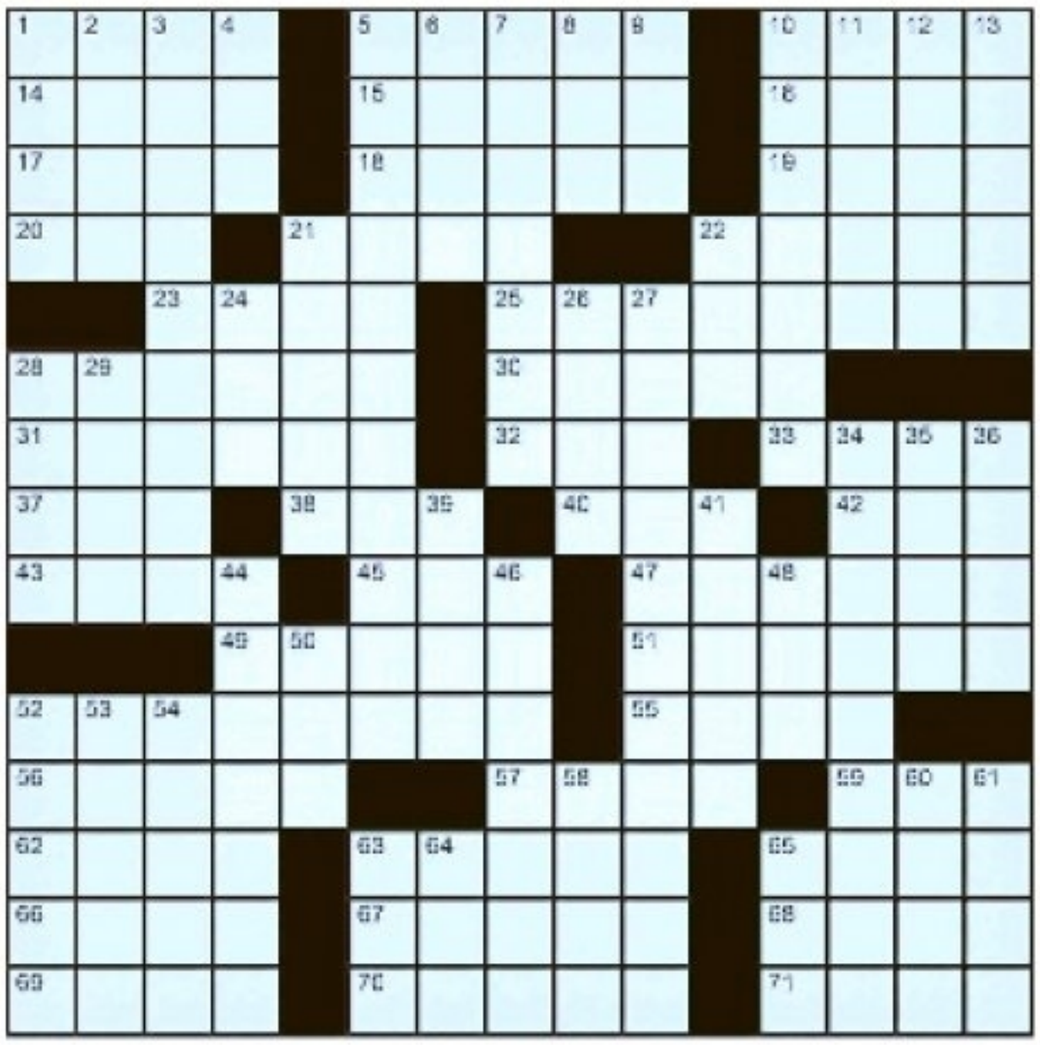
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: Olympic sport
5. Pesto ingredient
10. 1700, fancy-style
14. Snake, for one
15. 1st Greek letter
16. Spoken
17. Sulk
18. Pre-euro moneys
19. Canadian hardware store
20. Chemical suffix
21. L.A.'s state
22. Ransacks
23. Watered down
25. RIO 2016: Pool prop, sometimes: 2 wds.
28. RIO 2016: 1976 Summer Olympics location... Montreal, __
30. Theme
31. Not hurting, say
32. College campus gr.
33. Philharmonic gr.
37. Perform
38. Camel hair cloth
40. That fellow
42. Goth rocker's music
43. Heave
45. And so on [abbr.]
47. Maidens of ancient myth
49. RIO 2016: ITA is its IOC country code
51. RIO 2016: Ancient Olympics land
52. RIO 2016: __ Gymnastics
55. Pear variety
56. Poetic feet
57. Diving bird
59. W5 extra
62. One of Andy Warhol's Superstars
63. RIO 2016: Olympics land in 2008
65. Carrot dessert
66. Pate de foie ...quoi?
67. Skincare product
68. Monster
69. Leaky balloon sounds
70. Unyielding
71. Tide type

DOWN
1. Early-'80s hit: "She's a Bad Mama __"
2. Stratford-__-Avon
3. RIO 2016: They're randomly conducted to ensure athletes are 'clean': 2 wds.
4. Lyric poem
5. RIO 2016: Gymnastics apparatus: 2 wds.
6. 50 Cent's "Just __ Bit"
7. RIO 2016: Quick race events
8. Smashing Pumpkins co-founder James
9. __ Vegas
10. RIO 2016: IOC country where Casablanca is
11. Dribble
12. "Why __?" (Permission-pleader's query)
13. Necklace part
21. Cutlass __ (Oldsmobile model, formerly)
22. Flowery necklace
24. TV network
26. "Wooow!"
27. RIO 2016: Diving event
28. Li'l boggy spot
29. Donald Duck, to his nephews
34. RIO 2016: Chance for runners-up to continue to the next round in some sports
35. Crown corporation, e.g.
36. Stockings
39. Mythical Hun king
41. RIO 2016: The Discus Thrower sculptor of ancient Athens
44. Animal Planet rescue dogs show: 2 wds.
46. RIO 2016: 'Men's Omnium Points Race 6\6' is an event in what sport?
48. Not yous
50. Ordinal suffixes
52. RIO 2016: Men's gymnastics apparatus
53. Whiskers
54. Lettered gyms
58. R.E.M.'s "The __ Love"
60. Pod vegetable
61. Cry
63. Midpoint [abbr.]
64. __ polloi
65. Defraud

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today is full of unusual, fun-filled possibilities! Unexpected invitations to social or sports events are likely. Romance and children could be sources of surprise.

Taurus April 21 - May 21
Something pleasant and unexpected will affect your home and family today. An impromptu gathering might take place. You might hear surprise news related to real estate.

Gemini May 22 - June 21
Road trips are just one reason you will see new places and meet new faces today. It's not a boring day! Stay light on your feet so that you can go with the flow.

Cancer June 22 - July 23
Keep an eye on your money and wealth today. You might find money; you might lose money. Protect what you own from loss or theft. A moneymaking idea might take off!

Leo July 24 - Aug. 23
This is an exciting day for Leos! Whatever happens, it is fresh, novel and different! You have a heightened perception of the world around you. Discussions will be frank.

Virgo Aug. 24 - Sept. 23
This is an exciting day for you. However, the source of your excitement is private or behind the scenes. Write down some of your clever ideas.

Libra Sept. 24 - Oct. 23
You will meet interesting people today. This could be because of a group involvement, the introduction of a friend or because you might be traveling. You love the stimulation.

Scorpio Oct. 24 - Nov. 22
Interactions with authority figures might surprise you today. Someone might do something you'd least expect; however, it will please you. (One hopes.)

Sagittarius Nov. 23 - Dec. 21
Sudden opportunities to travel will materialize today. (Again?) Likewise, chances to take a course or to get further training will excite you. You're going places!

Capricorn Dec. 22 - Jan. 20
Stay in touch with bank details regarding shared property, taxes, insurance matters and inheritances, because something unexpected will occur.

Aquarius Jan. 21 - Feb. 19
A friend or partner will surprise you by doing or saying something unexpected today. But the surprise might delight you. Something will make you feel liberated and younger!

Pisces
Feb. 20 - March 20
Opportunities for advancement exist at work today. Some of you will encounter new technology; others will meet new friends and co-workers. This is an exciting day!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	8			7	9		4	
6					4			5
		9		1				
			7				2	1
1		2		9		3		6
9	6				1			
				4		2		
2			6					4
	1		9	8			7	

Difficulty Level ★★

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3	9	1	4	7	2	6	5	8
6	2	7	8	3	5	9	4	1
4	5	8	1	6	9	7	3	2
2	7	6	5	4	3	8	1	9
1	4	5	7	9	8	3	2	6
9	8	3	2	1	6	5	7	4
8	6	2	3	5	4	1	9	7
5	1	4	9	8	7	2	6	3
7	3	9	6	2	1	4	8	5

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Abbotsford
Highstreet Shopping Centre
Sevenoaks Shopping Centre
2140 Sumas Way
32915 South Fraser Way

Aldergrove
26310 Fraser Hwy.

Burnaby
Brentwood Town Centre
Crystal Mall
Lougheed Town Centre
Metropolis at Metrotown
3855 Henning Dr.
4501 North Rd.

Coquitlam
Coquitlam Centre
1071 Austin Ave.

Delta
Scottsdale Centre
1214 56th St.
4841 Delta St.

Langley
Willowbrook Mall
8700 200th St.
19638 Fraser Hwy.
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
Mission Smartcentre
32670 Lougheed Hwy.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Port Coquitlam
Fremont Village
2020 Oxford Connector

Richmond
Aberdeen Shopping Centre
Lansdowne Centre
Richmond Centre
4380 No. 3 Rd.
11686 Steveston Hwy.

Surrey
Central City Shopping Centre
Cloverdale Crossing
Guildford Town Centre
Semiahmoo Shopping Centre
3189 King George Blvd.
7380 King George Blvd.
13734 104th Ave.

Vancouver
Oakridge Centre
Pacific Centre
220 East 1st Ave.
510 Georgia St. W
1095 West Pender St.
1143 Robson St.
1855 Burrard St.
2338 Cambie St.
2372 West 4th Ave.
2706 Granville St.
2748 Rupert St.
3121 West Broadway

West Vancouver
Park Royal South